

Making muscles move

Making muscles move

Student handout to accompany the seventh-grade lesson plan "Bones and Muscles." Handout includes instructions for two activities. In the first, students make models of their arm muscles and explore how they work. In the second, students do a series of stretches and try to determine which muscles are being stretched.

PDF Making muscles

File: move

Usage Statement:

All Rights Reserved

"All rights reserved" is a traditional copyright term that indicates that the copyright holder reserves for his/her/their own use all of the rights given to copyright owners under U.S. copyright law. Items that are included in NCpedia and/or ANCHOR with this rights statement appear by agreement or permission from the rights holder or the institution that holds the item. Click "Available at" to visit the website for the collection where the item appears for more information about the rights or specific uses allowed. For all other non-specified uses, please contact the copyright holder or item owner.

Source URL: <https://www.ncpedia.org/media/pdf/making-muscles-move>